

## Swimming

CS Parks & Rec offers a variety of aquatics programs for participants of all ages and skill levels. We also offer a multi level instructional swimming program for Learn to Swim and Advanced swimming for continuous stroke improvement. We offer water fitness programs to increase your level of overall fitness.

### Water Fitness Program

A great opportunity for low impact exercise in a relaxed environment. Purchase a water fitness pass for just \$20 and it is good for 10 classes. Water Fitness passes do not expire at the end of a scheduled session. Just come back next time and continue to use your pass. A great deal for fitness and finances. All winter classes will be held in the CSISD Natatorium at the CS Jr. High on Rock Prairie Road. Our format allows you to select the fitness class that is most convenient.

**Water Fitness A 9-10am**  
M - F, Jan 13 - March 7  
March 17 - May 23

**Water Fitness B 10-11am**  
M - F, Jan 13 - March 7  
March 17 - May 23

**Water Fitness C 7-8pm**  
M - Th, Jan 13 - March 7  
March 17 - May 23

### Advanced Swimming

A specialized aquatics instructional program designed to accommodate young swimmers with basic stroke and skill development. This instructional program is for the noncompetitive swimmer that seeks to improve basics strokes, turns, endurance and fitness. This program is a teaching format designed to prepare swimmers to have fun, improve swimming strokes, to swim with the TAAF summer swim league.

**Session I Feb 3 - Feb 27**  
M/W 5-6pm or 6-7pm \$25  
T/Th, 5-6pm or 6-7pm \$25

**Session II March 3 - April 3**  
M/W, 5-6pm or 6-7pm \$25  
T/Th, 5-6pm or 6-7pm \$25

**Session III April 7 - May 1**  
M/W, 5-6pm or 6-7pm \$25  
T/Th, 5-6pm or 6-7pm \$25

Register for Instructional Swimming Programs at the CS Parks & Rec in Central Park. Call us at 764-3486

### Learn To Swim

A great way for kids of all ages to overcome the fear of the water and learn to swim. We offer classes for progressive skill levels. Be sure to register promptly to ensure the classes of your choice.

Learn To Swim Class Fee \$23

**Session I Feb 3 - Feb 27**  
**Session II March 3 - April 3**  
**Session III April 7 - May 1**

### Mom (or Dad) and FROG

Parent is in the water with their child. Child must be at least age 3 years.  
M/W 5pm (25 minutes)

### FROGS

This class is for 3,4 and 5 year olds.  
M/W, 10am (Beginner Frogs)  
M/W, 10:30am (Adv Beg Frogs)  
M/W, 5:30pm (Adv Beg Frogs)  
T/Th, 10am (Beginner Frogs)  
T/Th, 10:30am (Adv Beg Frogs)  
T/Th, 6pm (Beg Frogs)  
T/Th, 6:30pm (Adv Beg Frogs)

### MINNOWS

This class is structured for children from 6 to 12 years of age. This class teaches level I & II beginning swimming skills and basic water safety.  
45 minutes.  
M/W, 6pm  
T/Th, 5pm

### SEAHORSES

Designed for children from 6 to 12 years of age with level I & II Minnow skills as a prerequisite. Level III skills will be taught. 45 minutes  
M/W, 5pm  
M/W, 6pm  
T/Th, 5pm

### CROCODILES

Minimum age for this class is 6 years old with a Seahorse prerequisite.  
T/Th, 6pm

Register for the Learn to Swim Programs at the CS Parks & Rec in Central Park. Call us at 764-3486

## Tennis

Tennis classes will be offered for all youth and adults of various skill levels. All tennis classes will be taught at the Southwood Athletic Park Complex. Learn the game of tennis, improve your playing form, and participate in a lifelong form of healthy exercise. Register for classes at the CS Parks & Rec Office located in Central Park. Grab a racket !

**Session I Feb 3 - Feb 27**  
**Session II March 3 - April 3**  
**Session III April 7 - May 1**

**Junior Beginner \$35**  
M/W, 4-5pm  
T/Th, 5-6pm

**Junior Intermediate \$35**  
M/W, 6-7pm  
T/Th, 4-5pm

**Junior Advanced \$35**  
M/W, 5-6pm  
T/Th, 6-7pm

**Adult Beginner \$35**  
M/W, 7-8pm  
TBA, Morning Adult class

**Adult Int/Adv. \$35**  
T/Th, 7-8pm

## Golf

Golf classes will be offered for youth ages 9 -16 of various skills levels. Golf is a lifelong sport that can be learned at an early age. Youth golf clubs are furnished for our lessons.

**Session I Feb 3 - March 20**  
**Session II March 24 - May 1**

### Youth Beginner's Golf

This course will introduce the beginner golfer to the basic fundamentals of the game of golf. Golfers will learn the basic forms for driving, chipping, and putting.  
M/W, 5:30-7pm  
Fee \$45

### Youth Intermediate Beginner's

This course will work on refining the basic stroke forms and overall golf skills improvement.  
T/Th, 5:30-7pm  
Fee \$45

Register for the Youth Golf Programs at the CS Parks & Rec in Central Park. Call us at 764-3486